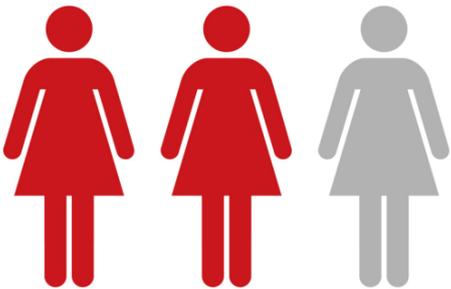


Eat Healthy



Did you know? We make 200 decisions about food each day.¹ Choose well most of the time and your body will thank you. Easy? Not always. Important? Most definitely!



Nearly **2 out of 3** women 20 and older are overweight or obese.²

Before you eat, think about what goes on your plate. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein contain the nutrients you need without too many calories.

Eating at least **2 1/2** cups of vegetables and fruits per day is linked to a reduced risk of heart disease, including heart attack and stroke.³



Fruits and vegetables have **many health benefits**. Eating those rich in potassium may lower blood pressure and help to decrease bone loss.^{4,5}

Tips

Try these simple ideas for making healthier choices.

- ✓ Choose water instead of soda and other sugary drinks
- ✓ Eat lean or low-fat meat and poultry
- ✓ Use a smaller plate at meals to help control your portions



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, obesity, and more
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ Learn more about healthy eating habits at **ChooseMyPlate.gov**.
- ▶ Track your daily food plan with **SuperTracker.usda.gov**.
- ▶ Learn more about National Women's Health Week at **womenshealth.gov/nwhw**.



Sources

¹ www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/Meeting3/DGACMt3-Minutes-final.pdf
² www.cdc.gov/nchs/data/hus/12.pdf
³ www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf
⁴ www.choosemyplate.gov/food-groups/vegetables-why.html
⁵ www.choosemyplate.gov/food-groups/fruits-why.html